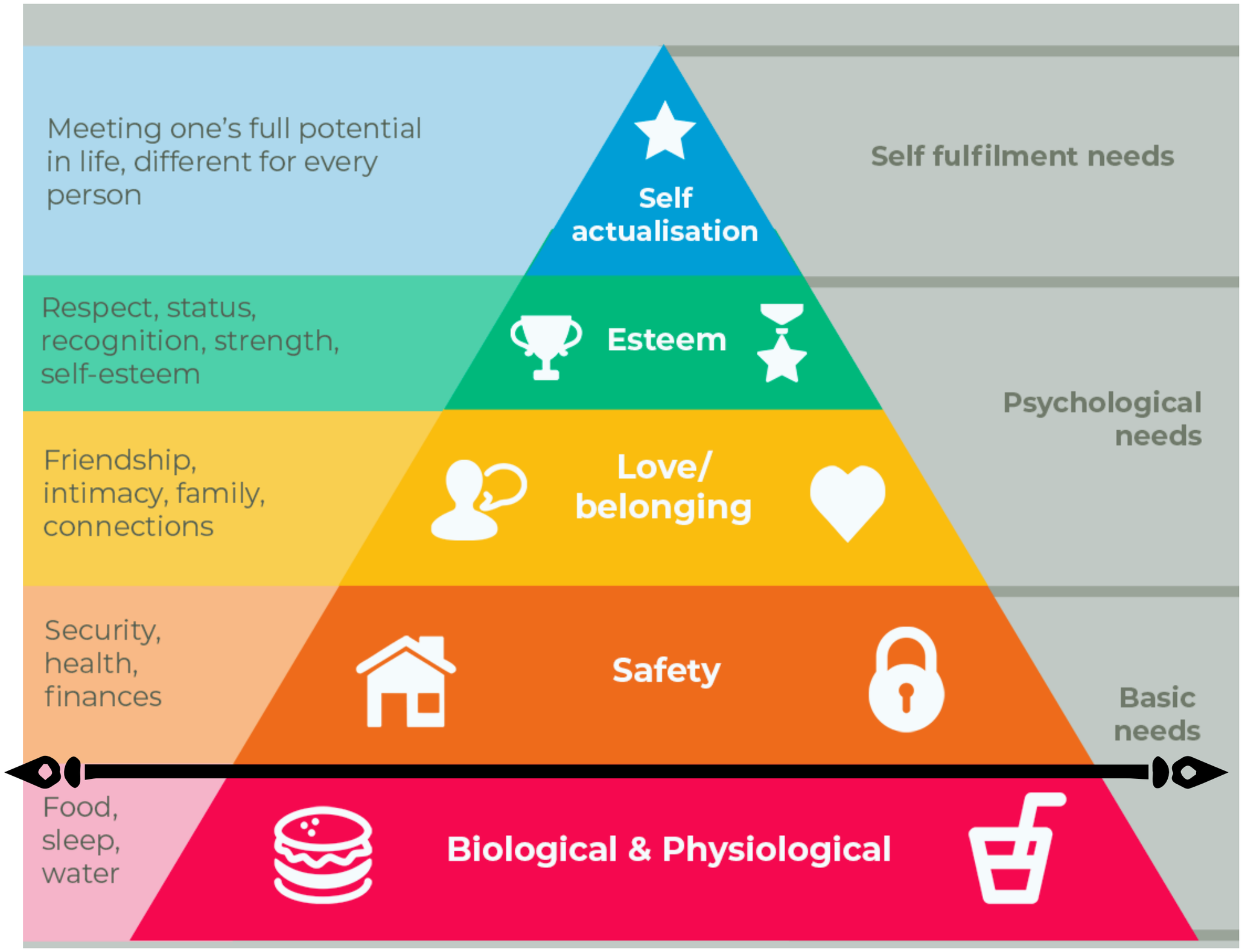

Food and water is a basic need !!!!

Every living being is Brahman, or spirit soul, and needs spiritual food to satisfy his hunger and thirst.

1 in 6 adults have skipped a meal as they cannot afford it
1 in 7 worry about not having enough food to eat
1 in 12 have gone a whole day without eating
END HUNGER UK
www.endhungeruk.org/measure